

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH  
CHILDREN'S SYSTEM OF CARE  
FIRST 5 LA PARENT-CHILD INTERACTION THERAPY (PCIT)  
PCIT BRIEF OVERVIEW**

**I. Overview**

- Intervention developed to reduce children's disruptive behaviors and improve parenting skills.
- First 5 LA PCIT focal population is children 2-5 years of age. Please see *First 5 LA PCIT FAQ* for a comprehensive review.
- Both parent and child participate in treatment sessions to promote positive parent-child relationship.
- Parent-Child Interaction Therapy is an Evidence Based Practice (EBP) designed to reduce risk of abuse and/or removal from home
- This one-time funding is for the training year, during which clinicians will be trained in a Train-the-Trainer model to increase sustainability.
- Three primary "core" PCIT treatment interventions are:
  - Assessment (Procedure code 90791)
  - Collateral (Procedure code 90887)
  - Family Psychotherapy (Procedure code 90847)
- Parent-Child Interaction Therapy works with Parent-Child Dyad
- Therapeutic Implementation consists of two phases:
  - Phase 1 focuses on enhancing the relationship through Child Directed Interaction (CDI)
  - Phase 2 improves child compliance through Parent Directed Interactions (PDI)
- Therapists coach parents via a communications system during the parent-child play sessions

**II. Essential Components of PCIT**

- Standardized pre/post treatment measurement (refer to the outcome measures below).
- In vivo coaching of the parent-child dyad
- Inclusion of the PRIDE and selective attention/ignoring concepts
- Use of weekly homework
- At least 50% of session spent coaching the parent
- Agency provides appropriate space and equipment, and allows therapists to participate in ongoing training and consultation
- For more information see <http://pcit.ucdavis.edu/>

### **III. The PCIT team**

- Includes a total of four funded trainees. The agency may determine either of the following arrangements: 1 Supervisor and 4 clinicians or 1 Supervisor and 3 clinicians.

### **IV. Supervisor Training**

- Supervisors will be able to do the web course through the UC Davis Training Center <http://pcit.ucdavis.edu/pcit-web-course/>
- Supervisor will be present for training days face to face and telehealth
- Supervisor may be approved for competency checks by UC Davis if they carry their own caseload and complete the required 2 PCIT cases to completion.

### **V. Training**

#### **Requirements for Becoming a PCIT Therapist**

- 100 training hours, must be in regular contact with a PCIT trainer, recommended weekly supervision
- 12 training sessions are 8 hours long (2 face to face and 10 telehealth)
- Recommended training caseload of 6-8 cases
- Basic Competency = 2 completed PCIT cases
- Skill review must be conducted through live observation, or online/telemedicine system
- Supervision and case consultation through the course of treatment
- The average length of treatment is 16-18 sessions for 50 minute sessions once a week in the office. Treatment should be no more than 24 sessions.
- Remain current with PCIT research/advancements by attending regional meetings, annual PCIT conferences and other resources

### **VI. Requirements for Becoming a Trainer of Trainer**

- Trainer of Trainer Competency = 4 completed PCIT cases
- Trainer of Trainers may ONLY train within their agency

### **VII. Equipment, Physical Space and Technical Requirements**

- Side by side treatment/observations rooms
- One way mirror between treatment/observation rooms
- Furniture and toys
- Adult sized table with two chairs to accommodate a caregiver and child
- Adult sized sturdy time-out chair
- Age appropriate, collaborative toys (play materials) for parent-child interactions

- Foam blocks
- Little People toys
- Play-Doh with molds, shapes, and cutters
- Play food, dishes, pots, and pans
- Potato Heads (at least two so that both parent and child can play)
- Wooden train and track
- Plastic play figures with terrain/play mats: farm animals, dinosaurs, jungle animals
- Bristle blocks (crinkles with wheels and figures)
- Washable crayons and paper
- Basic Audio/Visual Equipment needed to provide PCIT services
  - A sound system in the observation room (microphone and amplifier) is necessary to hear the interactions between caregiver and child
  - A ‘hearing helper’ system will be necessary for speaking to the caregiver through a microphone and ear device (bug in the ear)
  - A timer is important when coding the caregiver on skill level each week
  - Audio-video recording equipment to videotape sessions for review of caregiver skill level and as a reference as sessions progress
- Teletraining requirements include:
  - Providing adequate bandwidth for successful telecommunications link to work, at the minimum 768 kpbs (more bandwidth is better)
  - Providing the necessary resources and IT personnel to establish and maintain a successful link between agency and UC Davis

## **VIII. Outcome Measures**

- The Eyberg Child Behavior Inventory (ECBI) and/or Sutter-Eyberg Student Behavior Inventory (SESBI), if appropriate, are required practice specific measures. Participation in the First 5 LA PCIT training grant will also require two additional measures as stipulated by the developers. The following are two additional measures:
- Parenting Stress Index: Short Form (PSI-4-SF.) This measure is used to identify parent-child problem areas in parents of children ages 1 month-12 years. This measure is to be used for all clients receiving First 5 LA PCIT.
- Trauma Symptom Checklist for Young Children (TSCYC). This measure is used to evaluate acute and chronic post/traumatic symptomatology in young children ages 3 to 12 years. This measure is to be used only when there is a trauma history indicated.

#### IV. PCIT Forms

- RMD Bulletin
- PCIT Directory
- FAQs
- Claiming Guidelines
- Reimbursement Guidelines
  - PCIT Financial Exhibit B-3 FY 2012-13
  - PCIT Financial Exhibit B-4 FY 2013-14
  - PCIT Financial Exhibit B-5 FY 2013-14
- Training Protocol & Log

**\*\*NOTE\*\*** Forms can be found at <http://dmh.lacounty.gov/wps/portal/dmh/home/>

- Click on “Our Services”, which is located at the top of the page in the yellow.
- Click on “Children”, which is on the list of links on the left side of the page.
- Click on **First 5 LA Parent-Child Interaction Therapy**

**I, the undersigned, acknowledge all of the above criteria for the First 5 LA PCIT training grant and will share this documentation with all the staff that will be included in the training.**

Head of Service: \_\_\_\_\_  
Print Name Signature

Date: \_\_\_\_\_

**Email this completed form to Daphne Quick-Abdullah at [dquickabdullah@dmh.lacounty.gov](mailto:dquickabdullah@dmh.lacounty.gov)**